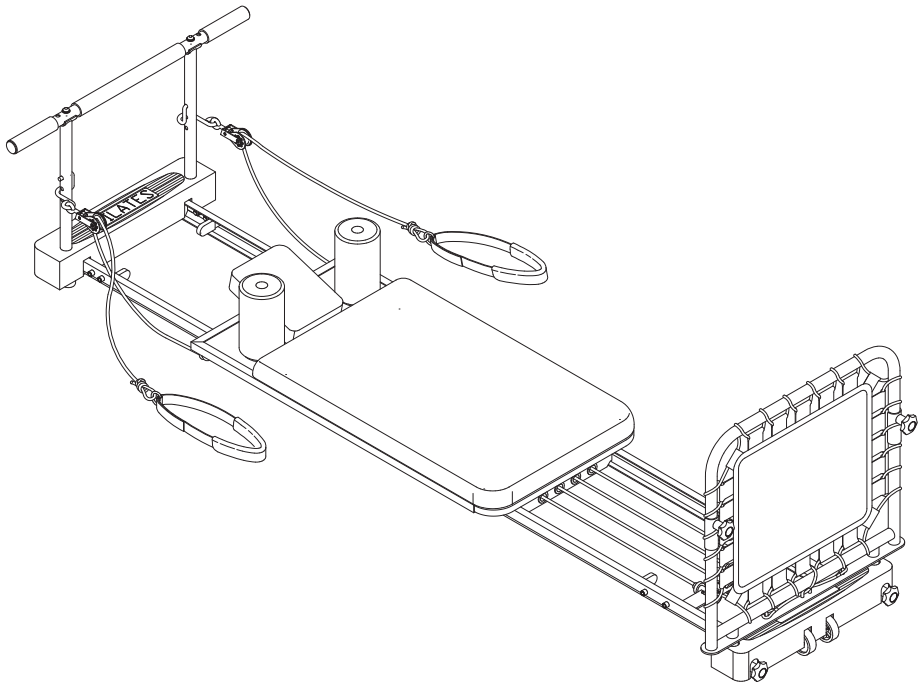
# AeroPilates®

LESS STRESS | MORE HEART

REFORMER PLUS

# Owner's Manual




**Product May Vary Slightly From Pictured.**

**⚠ WARNING**

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed. Keep others and pets away from equipment when in use. Always make sure all bolts and nuts are securely tightened prior to each use. Follow all safety instructions in this manual.

**When calling for parts or service, please specify the following number:**

**Model#: 55-4356, 55-4356A, 55-4357, 55-4358**

**CAUTION:**
**Weight on this product should not exceed 300 lbs.**

**This Product is Distributed Exclusively by**

**2040 N. Alliance, Springfield, MO 65803**
**Customer Service**
**1 (800) 375-7520**
**www.staminaproducts.com**

**United States and/or International patents apply and/or are pending. See www.staminaproducts.com for details.**

**STAMINA PRODUCTS**
**MADE IN CHINA**

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2014, 03

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## SAFETY INSTRUCTIONS

**⚠ WARNING** **This product contains a chemical known to the State of California to cause cancer and birth defects or other reproductive harm.**

**⚠ CAUTION** **Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any health problem. This product is for home use only. Do not use in institutional or commercial applications. Failure to follow all warnings and instructions could result in bodily injury and property damage.**

**⚠ CAUTION** **The Tension Cords(10) and Bungee Cord(53) contain natural rubber latex which may cause allergic reactions.**

**⚠ WARNING** **To reduce the risk of serious injury, read the following Safety Instructions before using the AeroPilates® Reformer Plus.**

1. Save these instructions and ensure that other exercisers read this manual prior to using the **AeroPilates® Reformer Plus** for the first time.
2. Read all warnings and cautions posted on the **AeroPilates® Reformer Plus.**
3. The **AeroPilates® Reformer Plus** should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
4. We recommend that two people be available for assembly of this product.
5. When exercising on this product, do not exercise at an intensity that causes the product itself to move. This could result in damage to your joints and to the product.
6. Keep children away from the **AeroPilates® Reformer Plus.** Do not allow children to use or play on the **AeroPilates® Reformer Plus.** Keep children and pets away from the **AeroPilates® Reformer Plus** when it is in use.
7. It is recommended that you place this exercise equipment on an equipment mat.
8. Set up and operate the **AeroPilates® Reformer Plus** on a solid level surface. Do not position the **AeroPilates® Reformer Plus** on loose rugs or uneven surfaces.
9. Make sure that adequate space is available for access to and around the **AeroPilates® Reformer Plus.**
10. Before using, inspect the **AeroPilates® Reformer Plus** for worn or loose components, and tighten or replace any worn or loose components prior to use.
11. When folding or unfolding the **AeroPilates® Reformer Plus,** keep all children away from the **AeroPilates® Reformer Plus** and make sure your hands are clear of any folding or pinch point.
12. Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.
13. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
14. Do not wear loose or dangling clothing while using the **AeroPilates® Reformer Plus.**
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **AeroPilates® Reformer Plus.** Loss of balance may result in a fall and bodily injury.
16. The **AeroPilates® Reformer Plus** should not be used by persons weighing over 300 pounds.
17. The **AeroPilates® Reformer Plus** should be used by only one person at a time.
18. The **AeroPilates® Reformer Plus** is for consumer use only. It is not for use in public or semipublic facilities.

# Call Us First

## Customer Service

## 1 (800) 375-7520

## www.staminaproducts.com

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## THANK YOU FOR PURCHASING THE AeroPilates® Reformer Plus

**To enact your warranty, please register your product by going to register.staminaproducts.com**

**To help you get started, we have pre-assembled most of your AeroPilates® Reformer Plus at the factory with the exception of those few parts left unassembled for shipping purposes. Simply follow the few assembly instructions set forth in this manual. With regular workouts, you will be getting your body into shape and be on your way to achieving a happier and healthier lifestyle.**

**Should you have any questions, please call our Customer Service Department toll-free number,**
**1 (800) 375-7520**
**Monday - Thursday, 7:30 A.M. - 5:00 P.M., Central Time.**
**Friday, 8:00 A.M. - 3:00 P.M., Central Time.**

**ONLINE**
CUSTOMER SERVICE
customerservice@staminaproducts.com
www.staminaproducts.com

**TELEPHONE**
CUSTOMER SERVICE
Tel: 1 (800) 375-7520

**FAX**
CUSTOMER SERVICE
Fax: (417) 889-8064

**MAIL**
STAMINA PRODUCTS, INC.
ATTN: Customer Service
P.O. Box 1071
Springfield, MO. 65801-1071

## *BEFORE YOU BEGIN*

Thank you for choosing the **AeroPilates® Reformer Plus.** We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **AeroPilates® Reformer Plus** provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

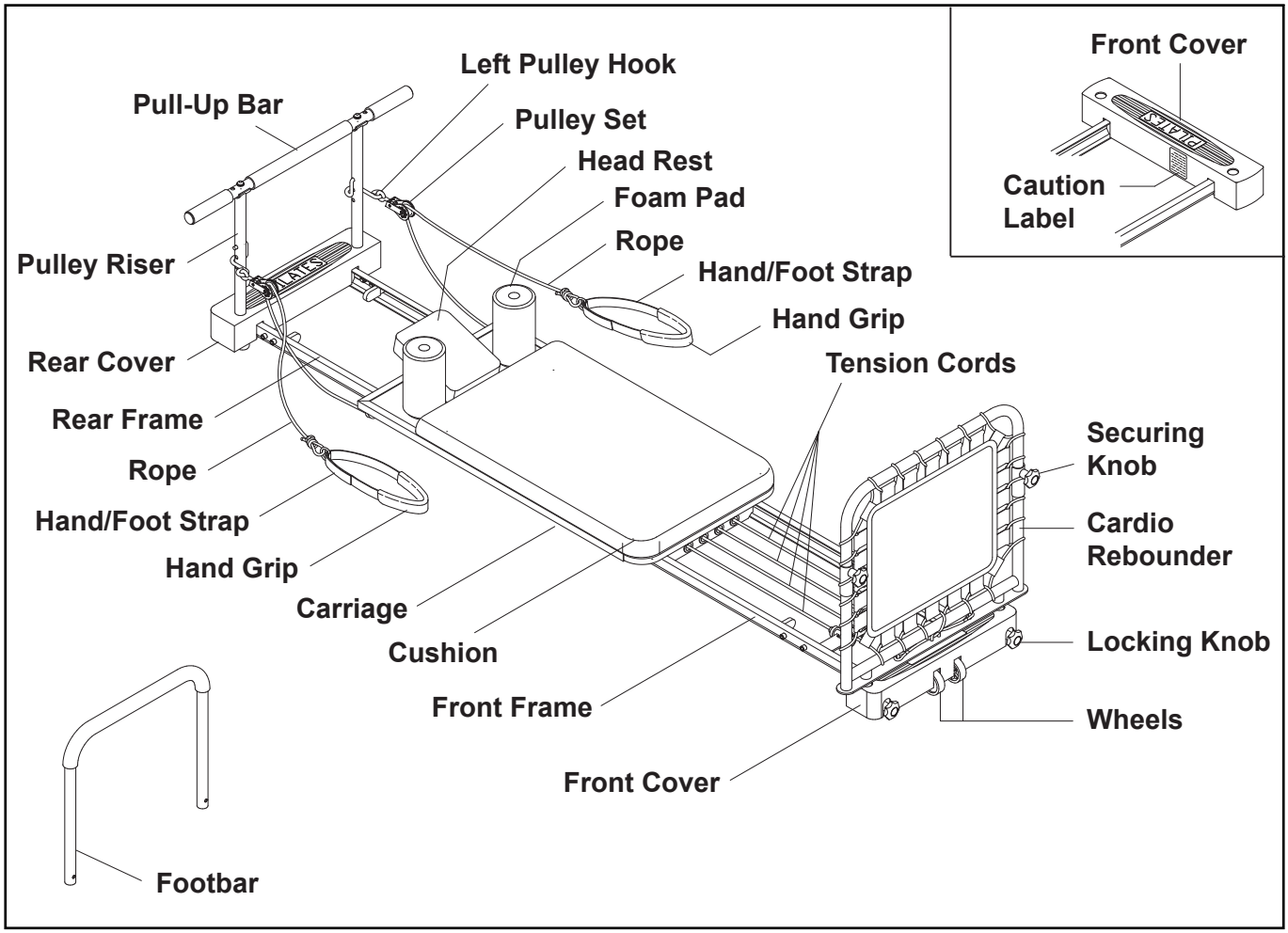
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the **AeroPilates® Reformer Plus.**

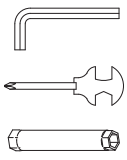
Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **AeroPilates® Reformer Plus,** please do not return the product. Contact us FIRST!

If a part is missing or defective, please go to staminaproducts.com to the Service section and order the part needed, or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

Be sure to have the name and model number of the product available when you contact us.




**THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:**



**Allen Wrench (6mm)**

**Combination Wrench**

**Socket Wrench**

## *EQUIPMENT WARNING, CAUTION & NOTICE LABELS*

This chart is provided to help identify the warning, caution, and notice labels on the **AeroPilates® Reformer Plus.** Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

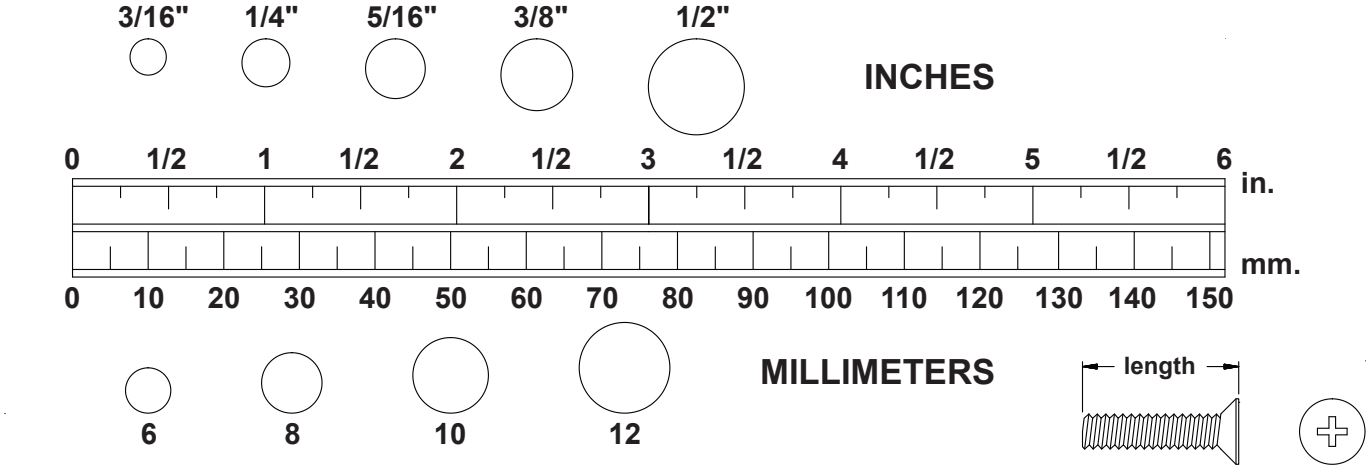
**Labels are larger than actual size**

**C1** **CAUTION LABEL(58)**

**C2** **PINCH POINT CAUTION LABEL(19)**

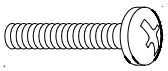
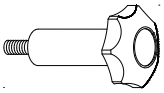
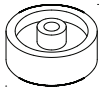
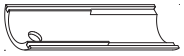
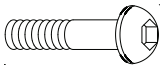
## *HARDWARE IDENTIFICATION CHART*

This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.




**NOTICE:** The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

| | Part Number and Description | | Qty |
|---|---|---|---|
|  | 38 | Screw, Round Head (M5 x 0.8 x 35mm) | 4 |
| | 55 | Bolt, Round Head (M8 x 1.25 x 35mm) | 2 |
| | 42 | Nylock Nut (M8 x 1.25) | 2 |
| | 47 | Washer (M8) | 6 |
| | 56 | Arc Washer (M8) | 4 |
|  | 26 | Locking Knob | 4 |
|  | 27 | Plastic Wheel | 2 |
| | 31 | Rubber Foot | 4 |
| | 54 | Securing Knob | 2 |
|  | 57 | Mounting Cover | 2 |
|  | 59 | Bolt, Button Head (M8 x 1.25 x 42mm) | 2 |

## *ASSEMBLY INSTRUCTIONS*

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part, please go to staminaproducts.com under the Service section and order the part needed, e-mail us at customerservice@staminaproducts.com, or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

### STEP 1

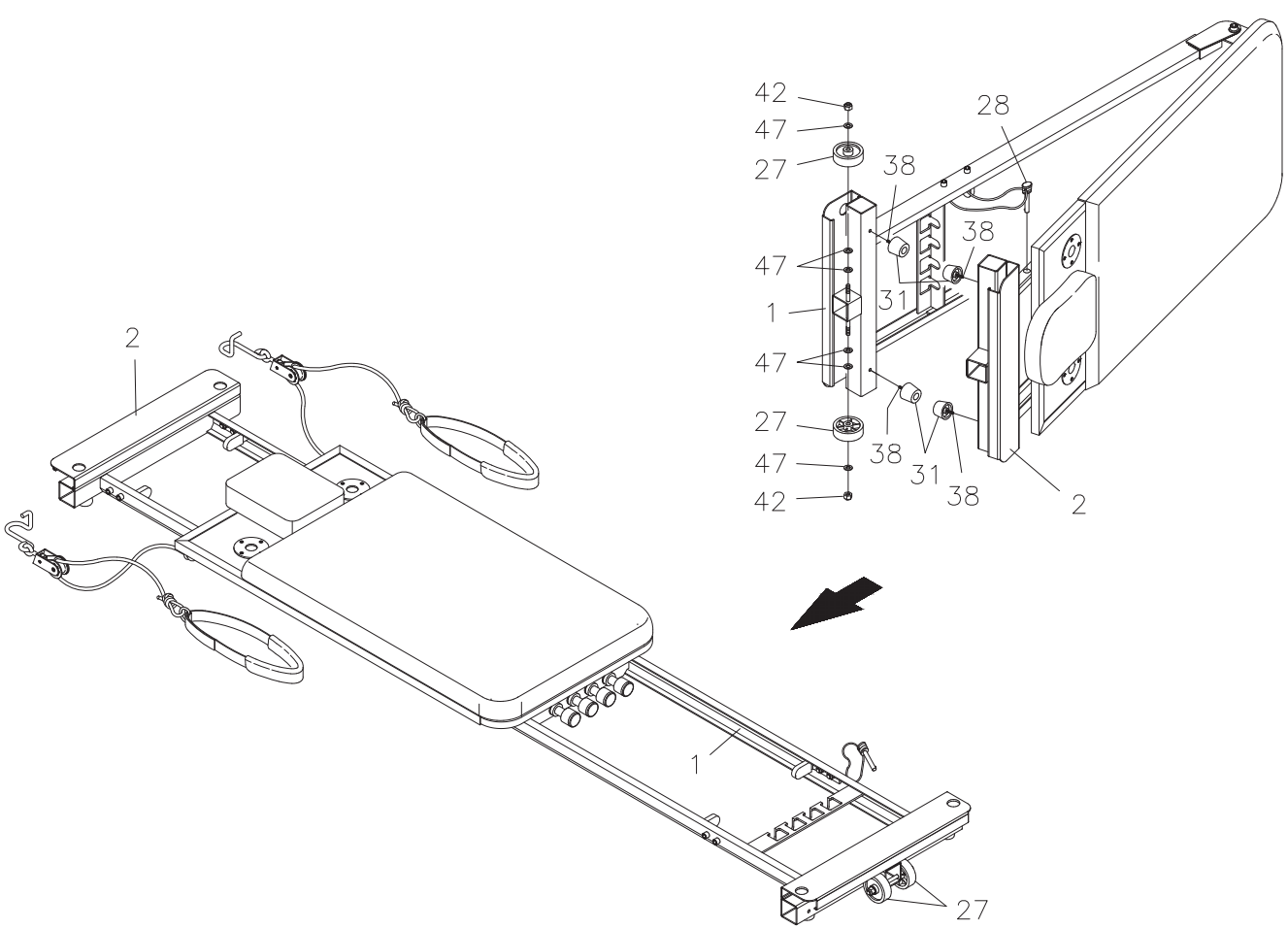
Remove your **AeroPilates® Reformer Plus** from its packaging, placing the product on its side with the **LOCKING PIN(28)** side upward. Remove the **LOCKING PIN(28)** and unfold the **MAIN FRAME ASSEMBLY** separating the half that has the attached **LOCKING PIN(28).** When completed, the frame should form a **"V"** with the frame ends separated approximately three feet.

### STEP 2

Attach the four **RUBBER FEET(31)** to the **FRONT FRAME(1)** and **REAR FRAME(2)** with **ROUND HEAD SCREWS(M5x0.8x35mm)(38).** The **ROUND HEAD SCREWS(M5X0.8X35mm)(38)** are already in the **RUBBER FEET(31).** Attach the **PLASTIC WHEELS(27)** to the **FRONT FRAME(1)** with **WASHERS(M8)(47)** and **NYLOCK NUTS(M8)(42).**

### STEP 3

Unfold your **AeroPilates® Reformer Plus** to a flat position by moving the **FRONT FRAME(1)** away from the platform end of the **REAR FRAME(2)** in a clockwise position until fully extended. Lower the **AeroPilates® Reformer Plus** so all four **RUBBER FEET(31)** are flat on the floor.

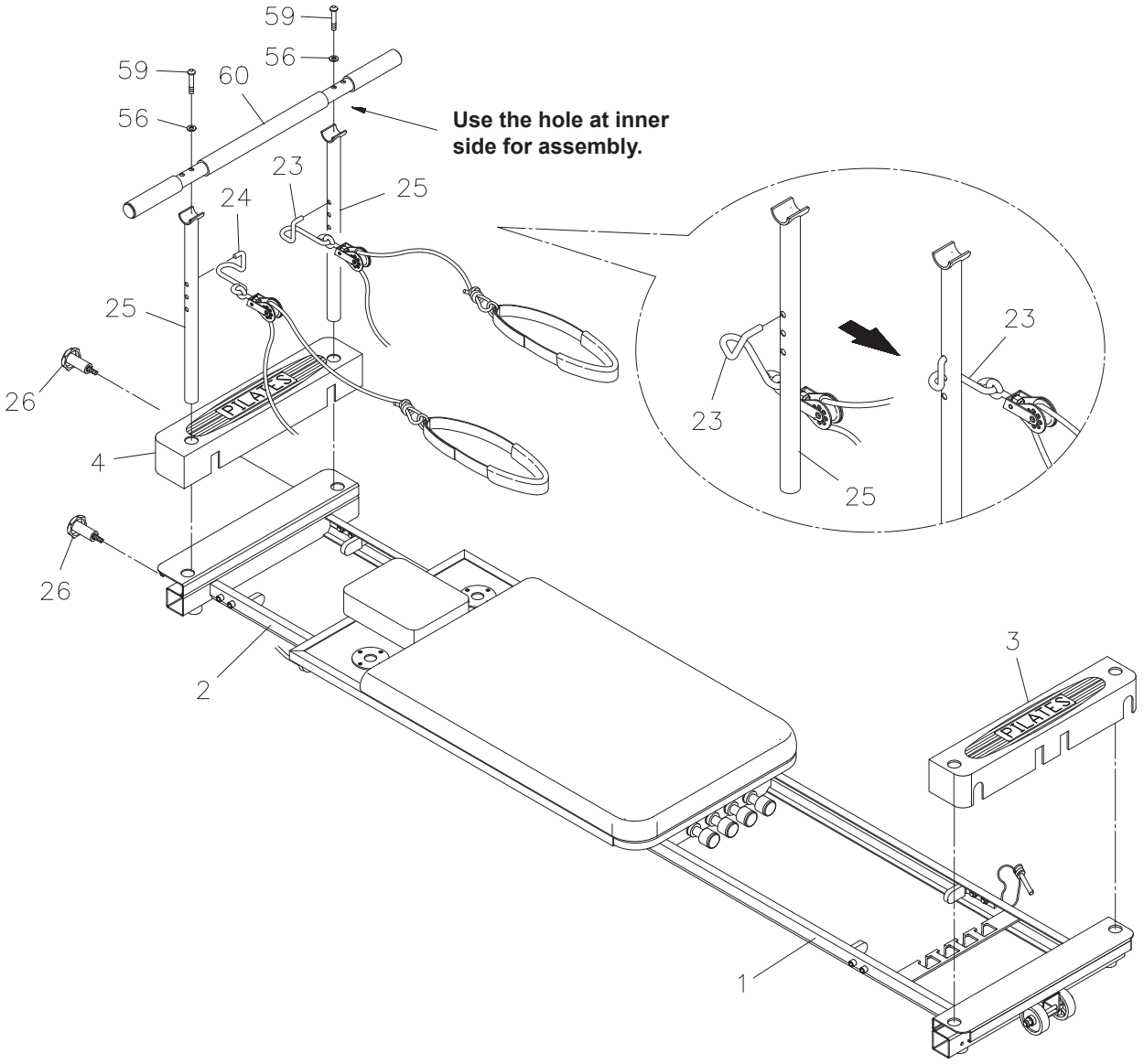


## *ASSEMBLY INSTRUCTIONS*

### STEP 4
Remove the paper covering from the foam tape inside the **REAR COVER(4).** Place the **REAR COVER(4)** over the end of the **REAR FRAME(2).** Press the cover securely in place. Repeat for the **FRONT COVER(3)** over the end of the **FRONT FRAME(1).**

### STEP 5
Insert the **PULLEY RISERS(25)** into the mounting holes in the **REAR COVER(4)** and **REAR FRAME(2).** Insert the **PULLEY RISERS(25)** all the way to the bottom. Align the threaded holes in the **PULLEY RISERS(25)** with the holes in the **REAR FRAME(2)** and secure with the **LOCKING KNOBS(26),** but don't tighten the knobs. Attach the **PULL-UP BAR(60)** to the **PULLEY RISERS(25)** with **BUTTON HEAD BOLTS(M8x1.25x42mm)(59)** and **ARC WASHERS(M8)(56).** Tighten the **LOCKING KNOBS(26).**

### STEP 6
Refer to the detail drawing below showing an enlarged view of the left **PULLEY RISER(25)** and the **LEFT PULLEY HOOK(23).** With the pulley facing down, insert the **LEFT PULLEY HOOK(23)** into the left **PULLEY RISER(25)** from the inside as shown. Swing the pulley forward as shown and the **LEFT PULLEY HOOK(23)** will be in position for use. Use the same procedure to install the **RIGHT PULLEY HOOK(24)** on the right **PULLEY RISER(25).**



## *ASSEMBLY INSTRUCTIONS*

**STEP 7**

Insert the **FOAM PAD ASSEMBLIES(17)** into the holes located on the **CARRIAGE(7).** Place the **HAND/ FOOT STRAPS(20)** over the **FOAM PAD ASSEMBLIES(17)** for storage.

**STEP 8**

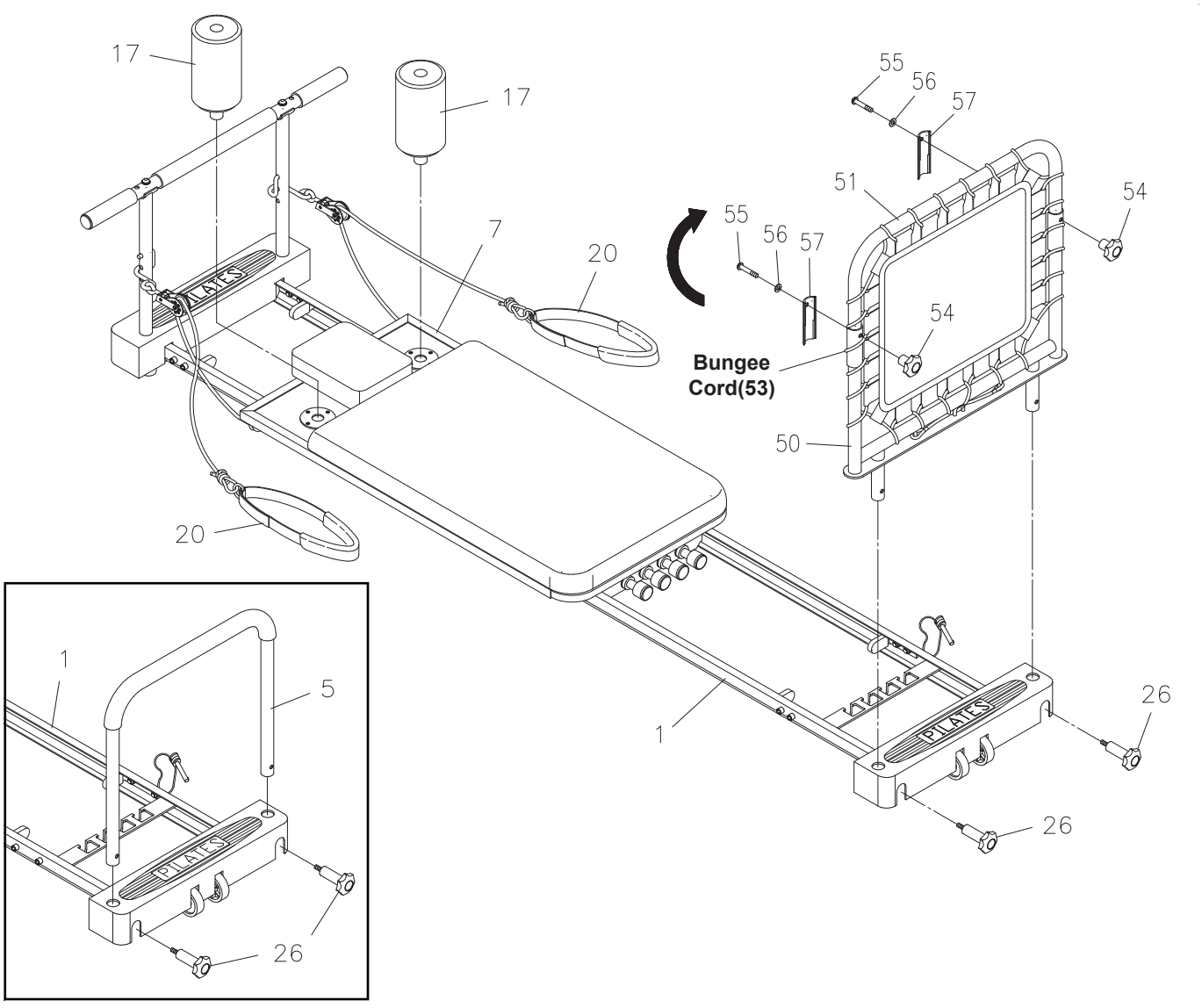
**CAUTION:** Be careful not to damage the **BUNGEE CORD(53)** when unfolding the **CARDIO REBOUNDER TOP FRAME(51).**

Unfold the **CARDIO REBOUNDER** by swinging up the **CARDIO REBOUNDER TOP FRAME(51).** Insert the **MOUNTING COVERS(57)** into the space between the **BUNGEE CORD(53)** and the **CARDIO REBOUNDER TOP FRAME(51)** at both sides, then secure with the **SECURING KNOBS(54), ROUND HEAD BOLTS(M8x1.25x35mm)(55),** and **ARC WASHERS(M8)(56).**

**STEP 9**

Insert the **CARDIO REBOUNDER BOTTOM FRAME(50)** into the mounting holes located on the **FRONT FRAME(1)** and lock in position with the **LOCKING KNOBS(26).**

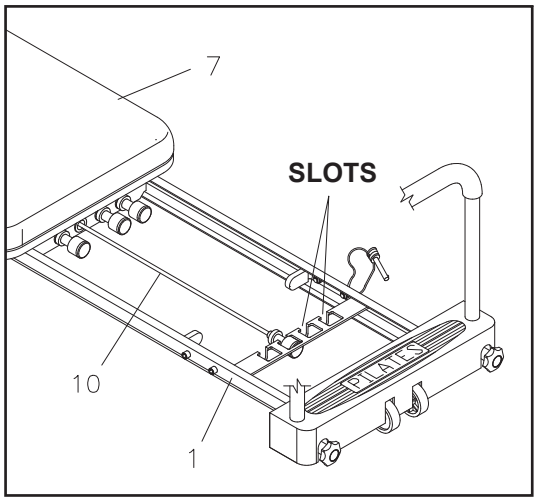
**NOTE:** You can choose to insert the **FOOTBAR(5)** into the **FRONT FRAME(1)** and lock in position with the **LOCKING KNOBS(26).** Refer to the inset drawing.



## LOAD ADJUSTMENT

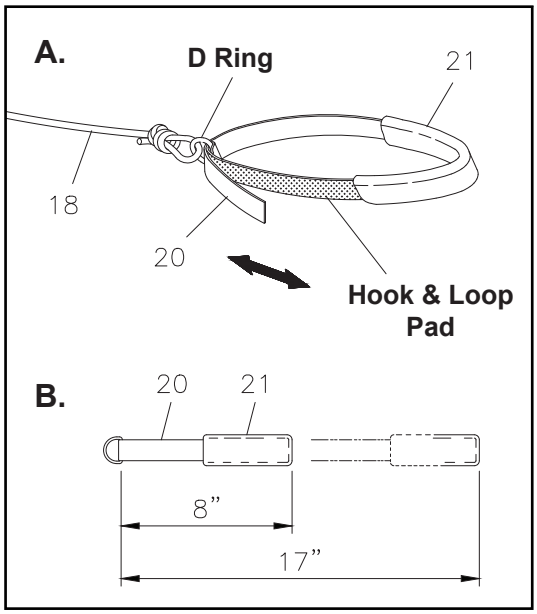
The resistance of the **CARRIAGE(7)** can be adjusted by securing the **TENSION CORDS(10)** in the slots located on the **FRONT FRAME(1).** You can achieve various levels of resistance by securing different numbers of the **TENSION CORDS(10)** in the slots.

**NOTE:** To achieve greater resistance in the **TENSION CORDS(10),** stretch and re-tie the tension cords in a more taut position.



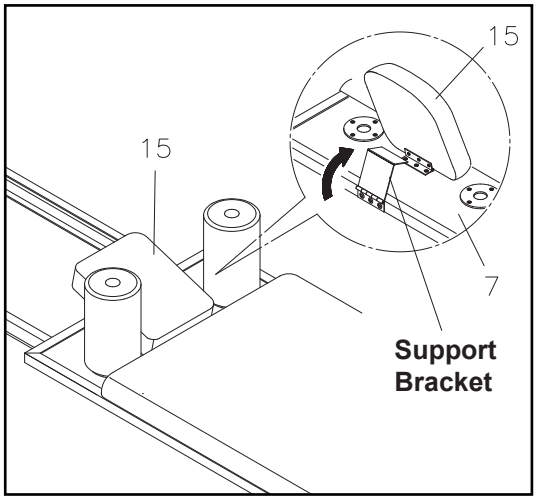

## HAND/FOOT STRAP LENGTH ADJUSTMENT

There are hook and loop pads stitched on the **HAND/ FOOT STRAP(20)** for adjusting the length of the **HAND/ FOOT STRAP(20).** Refer to illustration A. Run the end of the **HAND/FOOT STRAP(20)** through the D ring and attach the end of the **HAND/FOOT STRAP(20)** to different position with the hook and loop pads to adjust the length. Refer to illustration B. The length of **HAND/FOOT STRAP(20)** can be adjusted approximately from 8 inches to 17 inches. Shorten the **HAND/FOOT STRAP(20)** when performing some arm exercises. More length is needed when performing some leg exercises. Be sure to adjust both **HAND/FOOT STRAPS(20)** to the same length.




## HEAD REST ADJUSTMENT

The **HEAD REST(15)** on the **CARRIAGE(7)** can be positioned at an incline by simply pivoting the **SUPPORT BRACKET** underneath the **HEAD REST(15).**

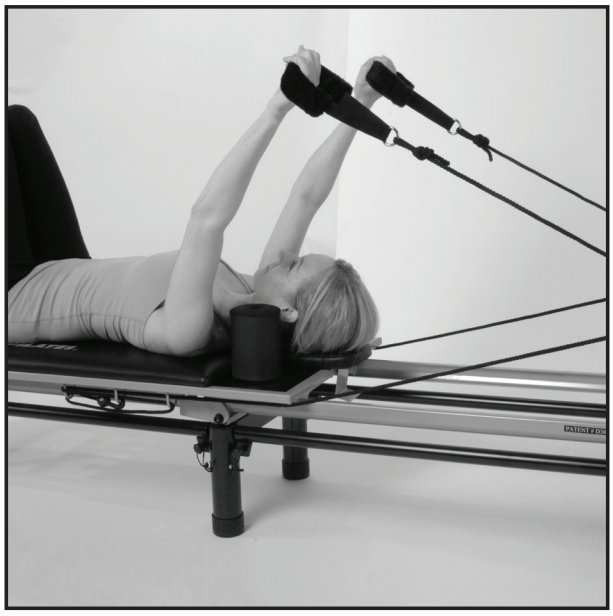


## *OPERATIONAL INSTRUCTIONS*

### CUSTOMIZING HAND/FOOT STRAP LENGTH

Ideal hand/foot strap length will vary depending on your height and limb length. To determine your ideal hand/foot strap length, begin by placing the hand/foot straps over the shoulder rests as shown below. Adjust the hand/foot straps so they are taut. For complete hand/foot strap length adjustment instructions, see additional Hand/Foot Strap Length Adjustment instructions in this Owner's Manual.

Next, lie on the reformer with your hands in the straps with shoulders against the shoulder rests. Reach your hands toward the ceiling until they are directly over the back edge of the reformer carriage as shown in the photo below. In this position, the reformer carriage should be at rest with no tension on the ropes. If there is still tension on the ropes in this position, lengthen the hand/foot straps. If you lose tension before reaching the arm position shown below, shorten the hand/foot straps.

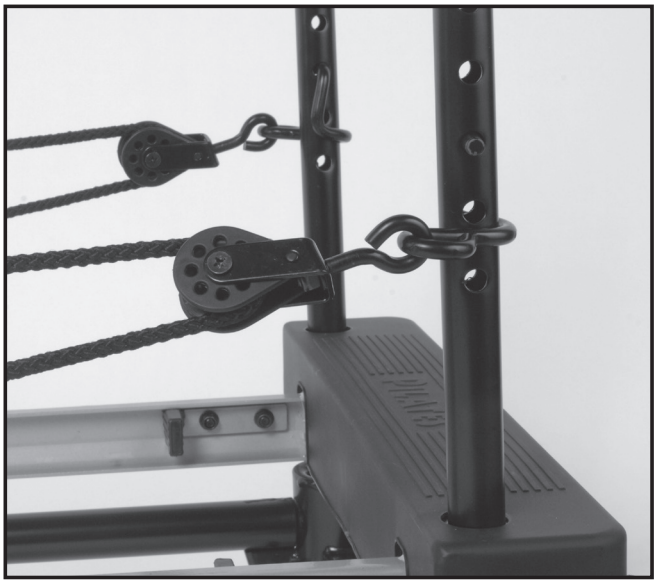


## *OPERATIONAL INSTRUCTIONS*

### PULLEY HEIGHT ADJUSTMENT

**Standard Setting- the top hole**
The standard height setting for the reformer pulleys is the top setting. At the top setting, the pull of the ropes provides the most support and feedback for the body. Place your pulleys at the top setting to most easily achieve proper form and to engage the core muscles.

**Variable settings- lower four holes**
You can add variety to your routine by using different pulley settings. The lower you set the pulleys, the less guidance and support you receive from the ropes. By providing less guidance and support, the lower settings further challenge strength and coordination.



## *OPERATIONAL INSTRUCTIONS*

### RESISTANCE CORD STRENGTH

The approximate maximum resistance provided by each cord is outlined in the chart below. Frequency of use, type of use and user weight will have an effect on the strength of your cords. Over time cord strength will gradually decrease. If your reformer is under the 90 day warranty, replacement cords are available by contacting Stamina customer service at customerservice@staminaproducts.com. If your reformer is not under warranty or you would like to add different tension cords, you can purchase new cords by visiting our website www.aeropilates.com.

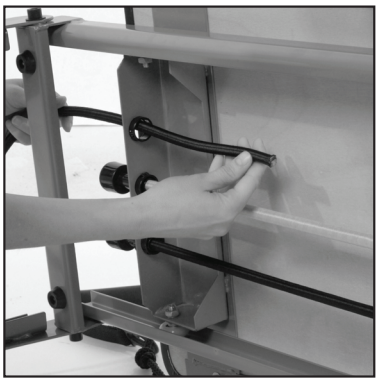
| TENSION CORDS | CORD RESISTANCE |
|---|---|
| YELLOW | approximately 16 pounds |
| BLACK | approximately 24 pounds |
| RED | approximately 34 pounds |

### TENSION CORD SELECTION

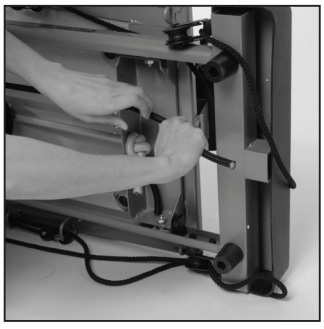
The **AeroPilates®** workout wall chart and workout DVDs indicate which cords to use for each exercise.

### TENSION CORD REPLACEMENT

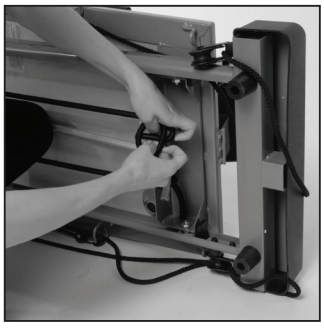
To replace or add a tension cord, first carefully release the carriage and tip your machine on its side. Untie the knot that secures the cord you are replacing and simply pull it out. Thread the new cord through the metal holes from the end of the carriage to the other end.



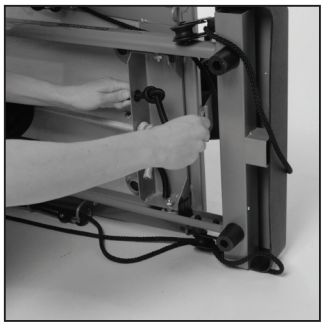
Pull tightly on the cord stretching it to the point that allows you to tie a double knot, and release the cord into place.



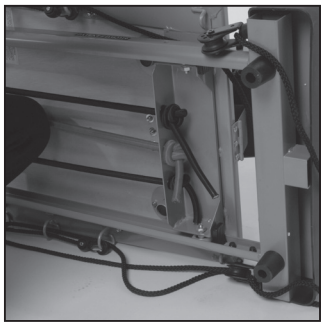
1



2



3



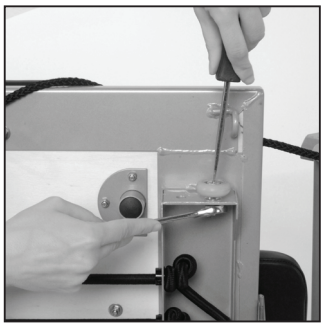
4

## *OPERATIONAL INSTRUCTIONS*

### CARRIAGE WHEEL REPLACEMENT

To replace a carriage wheel, first remove the carriage by releasing the cords and sliding the carriage all the way back to the top end or rear frame of the machine. Tip your machine on its side, bend the machine at the hinge, and simply slide the carriage off the frame.

Turn the carriage upside down so it is cord side up. Using a crescent wrench and flat head screwdriver, remove the screw that is holding the wheel in place. Replace the old wheel with the new one, add the washer, push the screw through the wheel and tighten with the nut.



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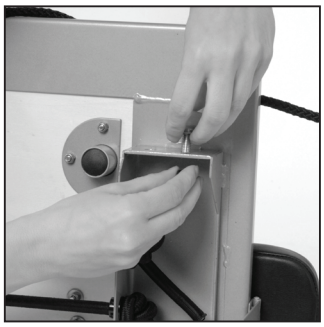

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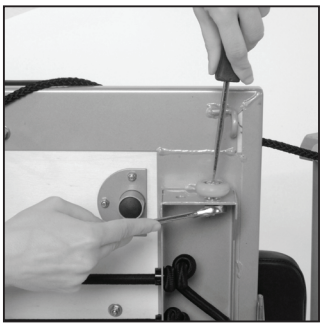


4

### WEBSITE RESOURCES

You can find use and maintenance instructional video clips at www.staminaproducts.com and www.aeropilates.com.

## *STORAGE*

1. To store the **AeroPilates® Reformer Plus,** simply keep it in a clean dry place.
2. The **FRONT FRAME(1)** of the **AeroPilates® Reformer Plus** has built-in **WHEELS(27)** for easy moving. To move, be sure at least one of the tension cords is attached to prevent the **CARRIAGE(7)** from sliding, then lift from the end of the **REAR FRAME(2)** and roll.
3. The **AeroPilates® Reformer Plus** folds for storage. To fold, be sure no tension cords are attached and slide the **CARRIAGE(7)** to the end of the **REAR FRAME(2)**. Remove the **FOOTBAR(5), CARDIO REBOUNDER(50),** and **FOAM PAD ASSEMBLIES(17)**, then lift the **AeroPilates® Reformer Plus** onto its side with the **LOCKING PIN(28)** side up. With the machine hinging in the middle, move the **FRONT FRAME(1)** toward the **REAR FRAME(2)** until the frame ends meet. Insert the **LOCKING PIN(28)** into the hole in the **REAR FRAME(2)**, and the **AeroPilates® Reformer Plus** is ready to store.

**⚠ CAUTION Keep hands clear of the hinge when folding and unfolding the unit.**

## *MAINTENANCE*

The safety and integrity designed into the **AeroPilates® Reformer Plus** can only be maintained when the **AeroPilates® Reformer Plus** is regularly examined for damage and wear. Special attention should be given to the following:

1. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
2. Worn or damaged components should be replaced immediately or the **AeroPilates® Reformer Plus** should be removed from service until repair is made.
3. Verify that the **CAUTION LABEL(58)** is in place and easy to read. Call Stamina Products immediately at 1-800-375-7520 for a replacement **CAUTION LABEL(58)** if it is missing or damaged.
4. Verify that the **ROPES(18)** are properly installed on the **PULLEY SETS(22).**
5. Check the condition of the **ROPES(18)** and replace if they are frayed or worn.
6. Check the **TENSION CORDS(10).** If any of the **TENSION CORDS(10)** are stretched and loose, re-tie the knot on the end of the cord. Replace **TENSION CORDS(10)** that are frayed or worn.
7. Check the **BUNGEE CORD(53)** on the **CARDIO REBOUNDER(50)** for wear. Replace the **BUNGEE CORD(53)** if it is frayed or worn.
8. Check the **PULLEY SETS(22)** for excessive wear. Replace worn **PULLEY SETS(22).**
9. Check the **HAND/FOOT STRAPS(20)** for damage. Replace damaged parts.
10. Check the **FOAM SLEEVE(6), FOAM GRIPS(61, 62),** and **FOAM PADS(17)** and replace if damaged or worn.
11. Check the **STOP PLATES(29)** for looseness or damage and replace any damaged parts.
12. Check the **CUSHION(14)** and replace if it is damaged or worn.
13. Check and clean the **ROLLERS(8)** and the rolling surfaces on the rails. Clean by wiping with a dry cloth.
14. Only Stamina Products supplied components shall be used to maintain/repair the **AeroPilates® Reformer Plus.**
15. Keep your **AeroPilates® Reformer Plus** clean by wiping it off with an absorbent cloth after use.

## *CONDITIONING GUIDELINES*

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are severely overweight, start slowly and increase your workout time gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

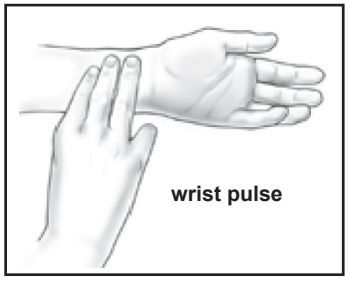
Remember to follow these essentials:

- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) to 90% (higher intensity) of your maximum heart rate zone. Start at the lower intensity, and build up to higher intensity as you become more aerobically fit.
- If you feel dizzy or lightheaded you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercise program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuing to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.




Target Heart Rate Zone Estimated by Age*

| Age | Target Heart Rate Zone (55%-90% of Maximum Heart Rate) | Average Maximum Heart Rate 100% |
|---|---|---|
| 20 years | 110-180 beats per minute | 200 beats per minute |
| 25 years | 107-175 beats per minute | 195 beats per minute |
| 30 years | 105-171 beats per minute | 190 beats per minute |
| 35 years | 102-166 beats per minute | 185 beats per minute |
| 40 years | 99-162 beats per minute | 180 beats per minute |
| 45 years | 97-157 beats per minute | 175 beats per minute |
| 50 years | 94-153 beats per minute | 170 beats per minute |
| 55 years | 91-148 beats per minute | 165 beats per minute |
| 60 years | 88-144 beats per minute | 160 beats per minute |
| 65 years | 85-139 beats per minute | 155 beats per minute |
| 70 years | 83-135 beats per minute | 150 beats per minute |

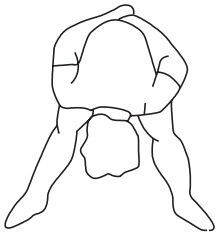
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: 220 - Age = predicted maximum heart rate

## *WARM-UP and COOL-DOWN*

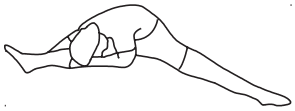
**Warm-Up** The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

**Stretching** Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

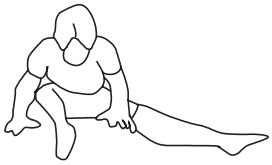
### Suggested Stretching Exercises

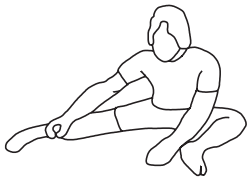


**Lower Body Stretch**
Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs.
DO NOT BOUNCE!
When the pull on the back of the legs lessens, gradually try a lower position.



**Floor Stretch**
While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds.
DO NOT BOUNCE!
Do this stretch 10 times. Repeat the stretch with the left leg.





**Bent Torso Pulls**
While sitting on the floor, have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.

**Bent Over Leg Stretch**
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down.
DO NOT BOUNCE!
Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

**Remember to always check with your physician before starting any exercise program.**

**Cool-Down** The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength training session.

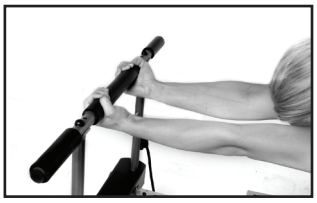
## *PULL-UP BAR WORKOUT INSTRUCTIONS*

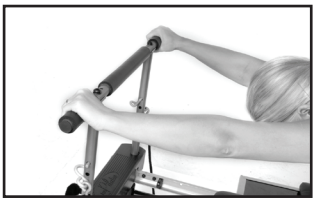
**Pull-Up Workout Bar**
The pull-up workout bar introduces a new series of exercises for your **AeroPilates® Reformer Plus**.

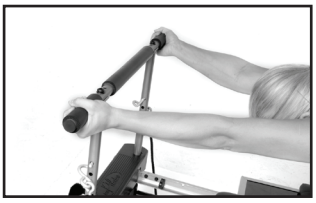
**Number of Cords**
Exercises should be performed with either one or two cords.
Caution: additional cords may cause you to slip on the cushion and as such are not advised.

**Reaching the bar**
There are two ways to reach the bar.
1. If you are taller than 5 feet 4 inches lie on the cushion assembly and with your feet on the foot bar, stretch and reach out above your head take hold of the pull-up bar. When an exercise is completed put your feet back on the foot bar before releasing your grip on the pull-up bar. If kneeling you should be able to reach forward to grasp the bar.
2. If you are under 5 feet 4 inches, the pull-up bar can be reached by pulling on the pulley ropes with one hand to move the platform towards the bar, then grasp the pull-up bar with your free hand.

**Narrow Grip**


**Reverse Narrow Grip**

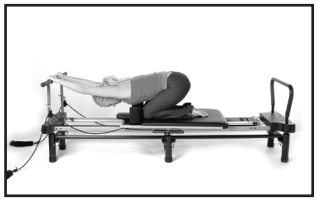
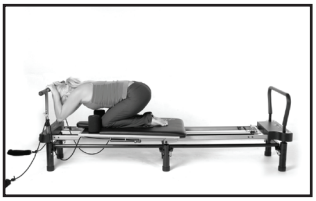

**Wide Grip**


**Reverse Wide Grip**

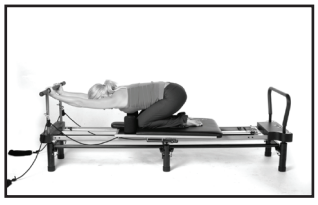
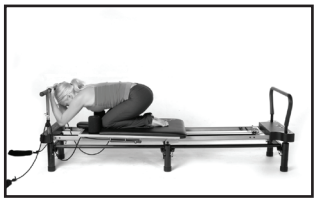
**Hand Grips**
Using different hand grips will engage different muscles. A reverse grip is when you grip the bar from the underside (with your palms facing upwards).

## *KNEELING EXERCISES*

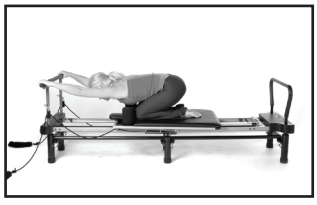
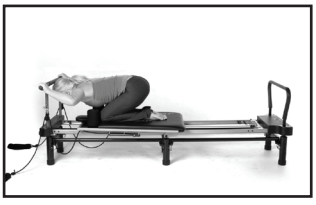
**Reaching the bar:**
Either reach the bar directly or use the pulley ropes to draw the platform towards the bar before taking hold of it. Do the reverse when releasing the bar.

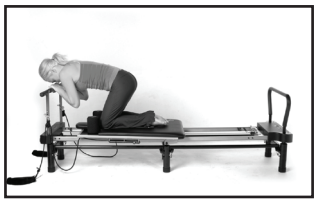
**Kneeling Narrow Grip:**
Pull up keeping elbows low and the back flat and head down. Repeat 3-5 times

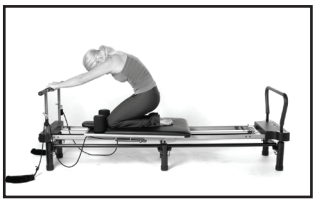
**Kneeling Reverse Narrow Grip:**
Pull up keeping elbows low and the back flat and head down. Repeat 3-5 times.

**Kneeling Wide Grip:**
Pull up keeping elbows low and the back flat and head down. Repeat 3-5 times.



**Kneeling Narrow Tricep Grip:**
Pull up keeping elbows low and bring your head forward over the bar. Repeat 3-5 times.



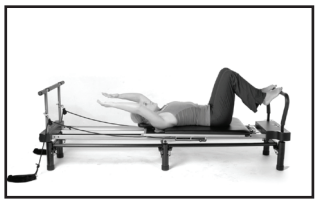
**Kneeling Abdominal Crunch:**
Bring knees forward while keeping arms extended. Repeat 5-10 times.

**Kneeling Oblique Crunch:**
Kneel across the platform. With a narrow hand grip pull knees up under your body. Repeat 5-10 times. Repeat for both left and right side.

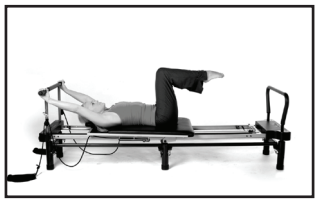
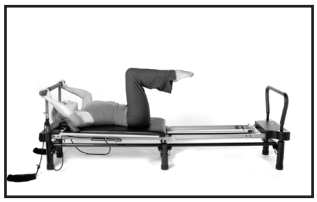
## *LYING ON BACK*

⚠ CAUTION

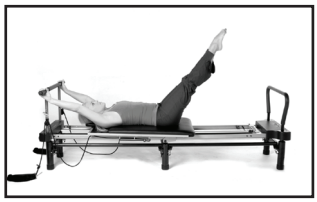
When you have completed your exercises do NOT simply let go of the bar. Either place feet back on foot bar or take one hand off the bar to take hold of the pulley ropes. Using the pulley ropes to hold the platform, release your second hand from the bar and also use it to hold the pulley ropes. Now gently feed the pulley rope through your hands to return the cushion assembly back to its start position. Only use one or two resistance cords for these exercises. Be careful to not hit your head on the pull-up bar.



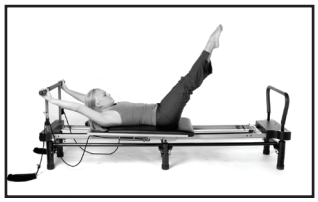
**Reaching the bar:**
Remove the shoulder pads. With your feet on the foot bar push away and reach up for the bar. If you cannot reach the bar, use the pulley ropes.

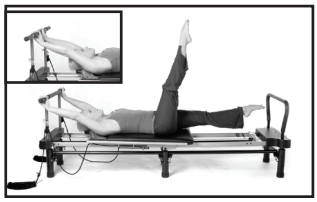
**Wide Reverse Grip With Bent Knees:**
With a reversed grip, pull up maintaining bent knees. Repeat 3-5 times.



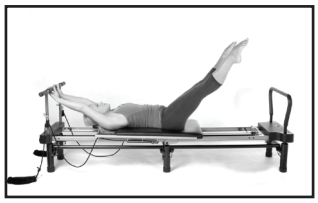
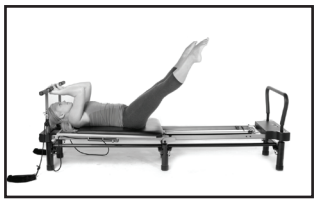
**Wide Reverse Grip with Extended Legs:**
With legs extended at 45 degrees, pull up using a reverse grip. Repeat 3-5 times.



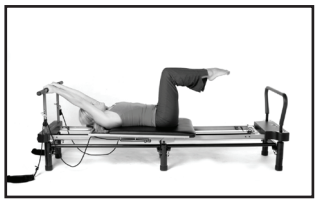
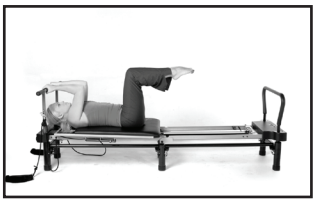
**Wide Reverse Grip with Extended Legs and Head Raised:**
With legs extended at 45 degrees, reverse grip, slowly and gently raise your head as it comes close to the bar. Lower your head as you return to the beginning position. Repeat 3-5 times.



**Wide or Narrow Reverse Grip with Alternate Leg Raises:**
As you pull up or lower, alternately switch your legs from raised to lowered. For a more advanced move raise head as you pull up. Repeat 3-5 times.

**Wide or Narrow Reverse Grip with Leg Splits:**
This is an advanced exercise. As you pull up split your legs. Maintain the legs at 45 degrees. To make it more challenging raise your head as you pull up.

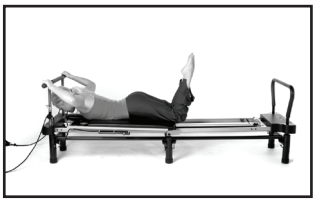
**Narrow Grip Pull-Up:**
As you pull up keep your elbows raised. Keep your knees bent. Repeat 3-5 times.

## *LYING ON FRONT*

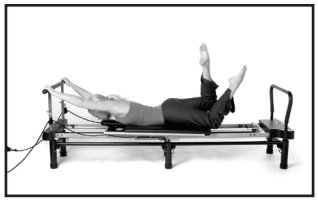
⚠ CAUTION

When you have completed your exercises take one hand off the bar to take hold of the pulley ropes. Using the pulley ropes to hold the platform, release your second hand from the bar and also use it to hold the pulley ropes. Now gently feed the pulley rope through your hands to return the cushion assembly back to its start position. Do not simply let go of the bar. Only use one or two resistance cords for these exercises. Be careful to not hit your head on the pull-up bar.

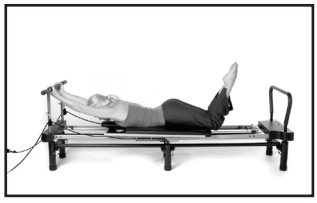
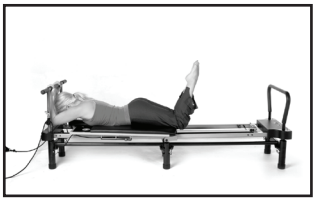
**Reaching the Bar:**
When lying flat on the cushion assembly you can reach the bar by pulling the pulley ropes. Pull on both ropes together. This feels a bit strange initially but becomes easier with practice.



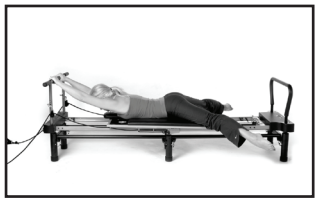
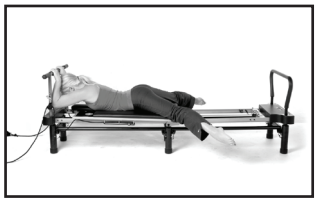
**Wide Grip Pull-Up:**
Pull up keeping elbows out wide. Repeat 3-5 times.



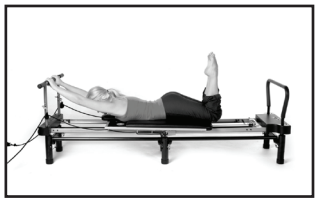
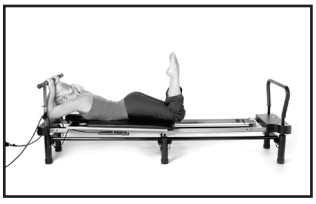
**Wide Grip Pull-Up Leg Raised:**
Pull up keeping elbows out wide. With knees bent, raise left or right leg from the hip. Repeat 3-5 times. Repeat for opposite leg.

**Narrow Reverse Grip Pull Up:**
Pull up keeping elbows low. Repeat 3-5 times.

**Narrow Grip Pull Up with Leg Splits:**
Pull up keeping elbows low while introducing leg splits. Repeat 3-5 times.

**Narrow Grip Pull Up:**
With knees bent at a 90 degree angle, pull up with narrow grip keeping elbows low. Repeat 3-5 times.

## *LIMITED WARRANTY*

**MODEL 55-4356, 55-4356A, 55-4357, 55-4358**

# WARRANTY

Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service, proper assembly and proper operation for a period of 90 days on the parts and three years on the frame from the date of the original purchase from an authorized retailer. **THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO COMMERCIAL USE, ABUSE, MISUSE, ALTERATION OF ANY TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY IMPROPER ASSEMBLY, REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS OTHER THAN PARTS PROVIDED BY STAMINA PRODUCTS, INC.** Commercial use includes use of the product in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities whether or not the product's use is in furtherance of a profit making enterprise, and all other use which is not for personal, family, or household purposes.

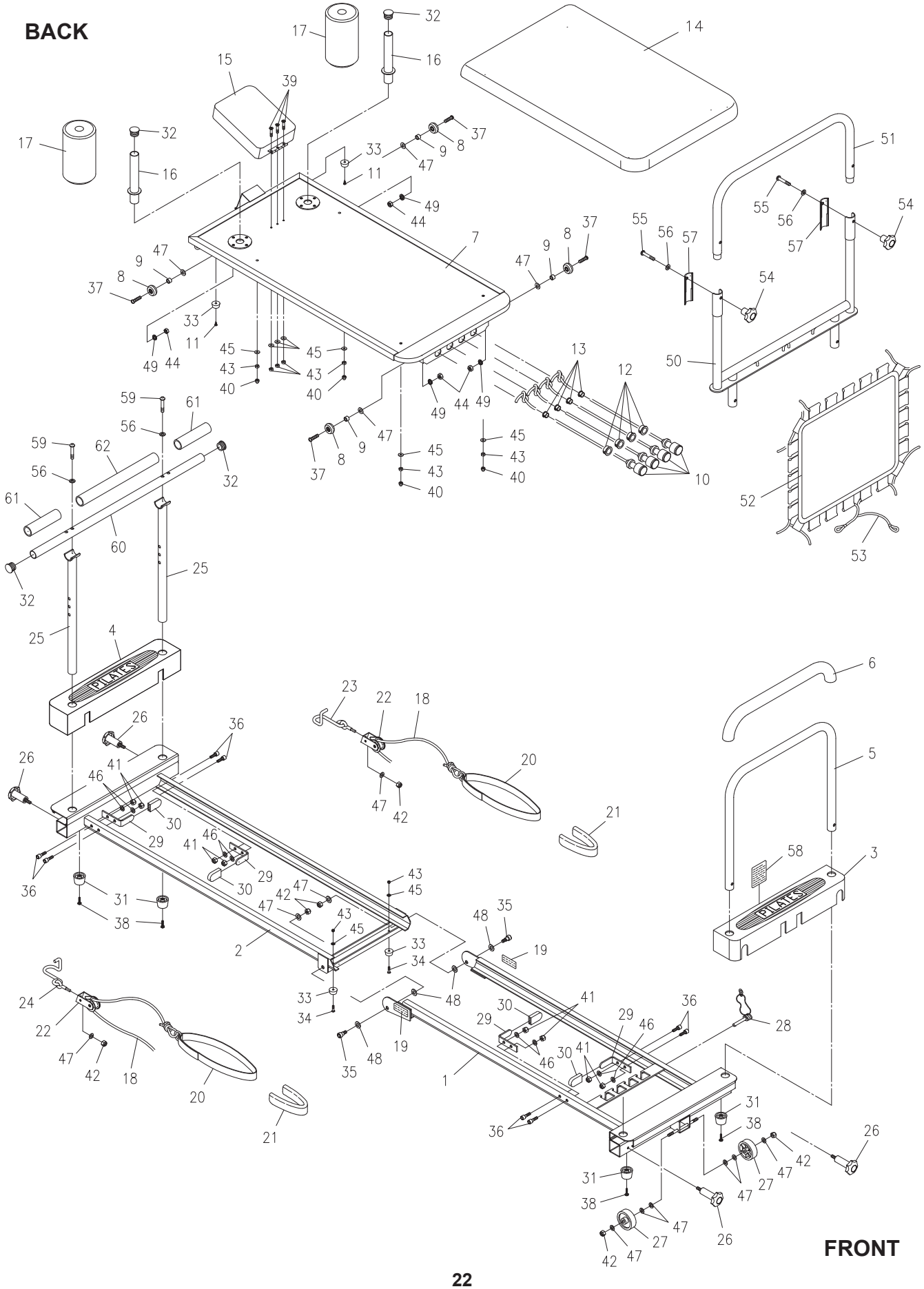
To implement this limited warranty, send a written notice stating your name, date, and place of purchase and a brief description of the defect along with your receipt to **Stamina Products, Inc. P.O. Box 1071, Springfield Missouri, USA, 65801-1071,** or email us at **customerservice@staminaproducts.com,** or call us at **1-800-375-7520.** If the defect is covered under this limited warranty, you will be requested to return the product or part to us for free repair or replacement at our option. **NO ACTION FOR BREACH OF THIS LIMITED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER THE DATE THE ALLEGED BREACH WAS OR SHOULD HAVE BEEN DISCOVERED. NO ACTION FOR BREACH OF ANY IMPLIED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER.** This limited warranty is not transferable. **IF ANY PART OF THE PRODUCT IS NOT IN COMPLIANCE WITH THIS LIMITED WARRANTY OR ANY IMPLIED WARRANTY, THE REMEDY OF REPAIR OR REPLACEMENT IS THE EXCLUSIVE REMEDY AVAILABLE TO YOU.** In the event that the purchaser makes any claim under this limited warranty or any implied warranty, the Warrantor reserves the right to require the product to be returned for inspection, at the purchaser's expense, to the Warrantor's premises in Springfield, Missouri. Return of the enclosed warranty registration card is not required for warranty coverage, but is merely a way of establishing the date and place of purchase.

Stamina Products, Inc. **SHALL NOT BE LIABLE FOR THE LOSS OF USE OF ANY PRODUCT, LOSS OF TIME, INCONVENIENCE, COMMERCIAL LOSS OR ANY OTHER INDIRECT, CONSEQUENTIAL, SPECIAL OR INCIDENTAL DAMAGES DUE TO BREACH OF THE ABOVE WARRANTY OR ANY IMPLIED WARRANTY.**

This limited warranty is the only written or express warranty given by Stamina Products, Inc. This warranty gives you specific legal rights, and you may also have other legal rights which vary from state to state. **ANY OTHER RIGHT WHICH YOU MAY HAVE, INCLUDING ANY IMPLIED WARRANTY OR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.**

The laws in some jurisdictions restrict the rights of manufacturers and distributors of consumer goods to disclaim or limit implied warranties and consequential and incidental damages with respect thereto. If any such law is found to be applicable, the foregoing disclaimers and limitations of and on implied warranties and consequential and incidental damages with respect thereto shall be disregarded and shall be deemed not to have been made to the extent necessary to comply with such legal restriction.

## PRODUCT PARTS DRAWING



## *PARTS LIST*

| PART# | PART NAME | QTY |
|---|---|---|
| 1 | Front Frame | 1 |
| 2 | Rear Frame | 1 |
| 3 | Front Cover | 1 |
| 4 | Rear Cover | 1 |
| 5 | Footbar | 1 |
| 6 | Foam Sleeve | 1 |
| 7 | Carriage | 1 |
| 8 | Roller | 4 |
| 9 | Roller Spacer | 4 |
| 10 | Tension Cord | 4 |
| 11 | Screw, Round Head (M4 x 12mm) | 2 |
| 12 | Support Bushing | 4 |
| 13 | Stop Bushing | 4 |
| 14 | Cushion | 1 |
| 15 | Head Rest | 1 |
| 16 | Foam Pad Tube | 2 |
| 17 | Foam Pad | 2 |
| 18 | Rope | 2 |
| 19 | Pinch Point Caution Label | 2 |
| 20 | Hand/Foot Strap | 2 |
| 21 | Hand Grip | 2 |
| 22 | Pulley Set | 2 |
| 23 | Left Pulley Hook | 1 |
| 24 | Right Pulley Hook | 1 |
| 25 | Pulley Riser | 2 |
| 26 | Locking Knob | 4 |
| 27 | Plastic Wheel | 2 |
| 28 | Locking Pin | 1 |
| 29 | Stop Plate | 4 |
| 30 | Stop Pad | 4 |
| 31 | Rubber Foot | 4 |
| 32 | Round Plug (25mm) | 4 |
| 33 | Rubber Stand | 4 |
| 34 | Screw, Flat Head (M5 x 0.8 x 16mm) | 2 |
| 35 | Shaft Bolt, Socket Head (M8 x 1.25 x 20mm) | 2 |
| 36 | Bolt, Socket Head (M6 x 1 x 14mm) | 8 |
| 37 | Bolt, Round Head (M8 x 1.25 x 25mm) | 4 |
| 38 | Screw, Round Head (M5 x 0.8 x 35mm) | 4 |
| 39 | Screw, Flat Head (M5 x 0.8 x 25mm) | 3 |
| 40 | Acorn Nut (M5 x 0.8) | 4 |
| 41 | Nylock Nut (M6 x 1) | 8 |
| 42 | Nylock Nut (M8 x 1.25) | 6 |
| 43 | Nylock Nut (M5 x 0.8) | 9 |
| 44 | Nut (M8 x 1.25) | 4 |
| 45 | Washer (M5) | 9 |
| 46 | Washer (M6) | 8 |
| 47 | Washer (M8) | 14 |

## *PARTS LIST*

| PART# | PART NAME | QTY |
|---|---|---|
| 48 | Washer (M10) | 4 |
| 49 | Lock Washer (M8) | 4 |
| 50 | Cardio Rebounder Bottom Frame | 1 |
| 51 | Cardio Rebounder Top Frame | 1 |
| 52 | Rebounder Mat | 1 |
| 53 | Bungee Cord | 1 |
| 54 | Securing Knob | 2 |
| 55 | Bolt, Round Head (M8 x 1.25 x 35mm) | 2 |
| 56 | Arc Washer (M8) | 4 |
| 57 | Mounting Cover | 2 |
| 58 | Caution Label | 1 |
| 59 | Bolt, Button Head (M8 x 1.25 x 42mm) | 2 |
| 60 | Pull-Up Bar | 1 |
| 61 | Foam Grip | 2 |
| 62 | Long Foam Grip | 1 |
| 63 | Allen Wrench (6mm) | 1 |
| 64 | Combination Wrench | 1 |
| 65 | Socket Wrench | 1 |
| 66 | Manual | 1 |
| 67 | Workout Chart | 1 |
| 68 | Introduction to AeroPilates®/AeroPilates® Level One Pure Pilates/ AeroPilates® Level One Simply Cardio/AeroPilates® Level One Integrated (DVD) | 1 |
| 69 | AeroPilates® Level Two Pure Pilates/AeroPilates® Level Two Simply Cardio/ AeroPilates® Level Two Integrated (DVD) | 1 |

## *NOTES*

## TO CONTACT CUSTOMER SERVICE

For your convenience, Stamina's customer service representatives can be reached by email at customerservice@staminaproducts.com or by phone at 1-800-375-7520 (in the U.S.). Our customer service representatives are available Monday through Thursday from 7:30 a.m. until 5:00 p.m., and Friday 8:00 a.m. until 3 p.m. Central Time.

**ONLINE**
**CUSTOMER SERVICE**
**customerservice@staminaproducts.com**
**www.staminaproducts.com**

**TELEPHONE**
**CUSTOMER SERVICE**
**Tel: 1 (800) 375-7520**

**FAX**
**CUSTOMER SERVICE**
**Fax: (417) 889-8064**

**MAIL**
**STAMINA PRODUCTS, INC.**
**ATTN: Customer Service**
**P.O. Box 1071 Springfield, MO. 65801-1071**

Would you like to recieve email information or special offers from Stamina Products? Register at contact.staminaproducts.com

## TO REGISTER YOUR PRODUCT

To enact your warranty, please register your product by going to register.staminaproducts.com. Please have your product model number (printed on the cover of this owner's manual) and the serial number (printed on the black and white sticker on your product) ready.

If you don't have internet access, you can call customer service at 1-800-375-7520, or fill out and mail the product registration form below to Stamina Products, Inc.; P.O. Box 1071; Springfield, MO 65801-1071.

**PRODUCT REGISTRATION FORM**

**Stamina Products, Inc.**
**P.O. Box 1071**
**Springfield, MO 65801-1071**

Model Number: ..... Serial Number: .....

Product Name: .....

Place Purchased: .....

Date of Purchase: ..... Purchase Price: .....

First Name: ..... Last Name: .....

City: ..... State: ..... Zip Code: .....

Email Address: ..... Phone #: ( ) .....

Would you like to receive email information or special offers from Stamina Products?* ____Yes ____No *If yes, be sure your email address is included above.

**Detach and Mail or Fax the Form Above**

## TO ORDER PARTS

If there are missing or damaged parts, you can go to parts.staminaproducts.com and order those parts. If you have questions, please contact customer service. Do not return the product. To order parts by mail, fill out the sheet below and fax it to 417-889-8064. The part will be mailed to your address.

**Detach and Mail or Fax the Form Below**

**PARTS ORDER FORM**

**Stamina Products, Inc.**
**P.O. Box 1071**
**Springfield, MO 65801-1071**

Mr./Ms: .....

Address: ..... Apt. #:.....

City: ..... State: ..... Zip Code: .....

**IMPORTANT : We must have your phone number to process the order!**

Phone #: ( ) ..... Work Phone #: ( ) .....

Date of Purchase: .....

Model #: .....

Purchased From: .....

**IMPORTANT : Before filling out the form below make sure you have the correct information.**
**Refer to the parts list to make sure you're ordering the right parts!**

| PART # | DESCRIPTION | QUANTITY |
|---|---|---|
| EXAMPLE: 1 | Rear Unit Assembly | 1 |
| | | |
| | | |
| | | |